

**Claims:**

**I Claim:**

1. A combined headband and ponytail retaining device, said device including:
  - a. a substantially cylindrical band portion
  - b. said cylindrical band portion having a circumference and a width
  - c. said circumference being stretchable so as to allow placement of said device around the head of a wearer
  - d. said cylindrical band portion incorporating an opening
  - e. said opening being of a dimension to allow the wearer's hair to be pulled through said opening

whereby the headband can be used as a combined headband and ponytail retaining device.
2. The device of claim 1 wherein said opening is created by making an elongated slit in the material of the cylindrical band portion with said slit being parallel to the circumference of said cylindrical band.
3. The device of claim 1 wherein said opening is created by attaching two ends of a substantially rectangular band of material to two regions along the circumference of the cylindrical band portion.
4. A method of wearing a headband with an opening along its band, said method including
  - a. placing the headband around the head of the wearer in the manner of an ordinary headband
  - b. reaching into the opening of the headband
  - c. pulling the hair of a wearer through the opening of the headband thus constraining the hair of the wearer within the opening of the headband

whereby the headband can be used as a ponytail retainer.

5. A method of wearing a substantially cylindrical neck warmer, said method including:

- a. wearing the neck warmer around the neck with an opening in the neck warmer positioned at the back of the wearer's neck
- b. reaching through the opening and pulling the wearer's hair through the opening

whereby the neck warmer can also double as a ponytail retainer.